

# How to use:



1. ROLL



2. INSERT



3. HOLD & WAIT  
FOR EXPANSION



This product may be adversely affected by certain chemical substances. Further information should be sought from the manufacturer. For greater protection and comfort this product should be:

1-fitted in accordance with the instructions.

2-worn all the time the user is exposed to noise.

3-regularly inspected for wear and damage. Store in a cool, dry place.